

0 to 2 Months

Happy & Healthy Kids

Issue 2

You Have a New Baby! You're a New Parent!

CONGRATULATIONS!

That's why we've sent you your first issue of *Happy & Healthy Kids*. To get your FREE newsletters, simply fill out the postcard in this packet and drop it in the mail. The postage is already paid! We hope you will find the practical and good tips in *Happy & Healthy Kids* helpful.

Today's issue talks about ways to take care of you, and getting to know your new baby. You'll find out why your baby cries and how to comfort him. The *Miss Nancy Knows* column gives good advice on combating colic. Enjoy the newsletter, the new tips, and most of all, your new baby.

A mom speaks out:

"Having a new baby is exciting, and also a little scary. Some days are a breeze and I can catch a nap when Lana naps. Other days are a blur because she is so fussy. There's so much to do! My mom tells us things will fall into place soon. All I know is that my baby has her daddy's eyes and whenever I look at her, I just have to smile."

—*Tamika, Shreveport*

As you know, having a new baby in your family can be thrilling and also a bit tough at times. You may be tired. You may feel nervous that you are not doing the right things to care for your baby. These feelings are normal in the first few months after your baby is born.

Becoming a parent is an exciting change in your life. Soon you will feel at ease in your new role. Parents and babies learn together. So, don't expect to know how to handle everything all at once. And ask for help when you need it!



A word to new moms:

You may be surprised by your strong feelings. You may feel thrilled and proud, on top of the world, and then, for no reason, you may find yourself on the verge of tears. Mood swings come from the physical changes as your body gets back to normal.

Know this: You'll get your energy and good humor back in time. But if feelings of great sadness last for more than one week, talk to your doctor.

Try to keep things simple.

Check off the things you will try this month:

- ☐ Get rest! Try to nap when your baby does.
- ☐ Ask for help with housework.
- ☐ Put your baby in a stroller and go for a walk.
- ☐ Relax—talk to a friend, or read a magazine.

How dads can help:

- Be aware that your partner may be going through a lot of changes. Pitch in—change baby's diaper and pick your baby up when she is crying.
- Make a simple dinner of soup and sandwiches.
- Write a note to the new mom that says she is doing a great job. Leave it on the bathroom mirror to surprise her and to show you care.
- Ask what you can do to help.



Get to know your new baby!

It might take time to feel at ease with your new baby. Maybe you wanted a baby boy and you had a girl. You might have pictured having a baby with lots of curly dark hair and instead you are staring at a very cute, very bald baby.

If your baby acts the way you act, parenting may come easier. Active parents may get along well with an active baby that is awake much of the day. Do you tend to be on the quiet side? If so, it may be easier to understand a relaxed baby that sleeps a lot.

So what happens when quiet parents have active babies and active parents have sleepy, calm babies? They get to know what makes their baby tick. If your baby does not act the way you expect, you can still get to know your baby well and do a great job!

Look for clues: Your baby can give you clues about the way she likes to be handled. Quiet babies may not like the TV blaring, but will like soft music. Active babies may like toys with lots of color and music.

Your baby has all the same senses you do. Even at birth, babies can see, hear, smell, feel, and touch.

Babies can see

From birth to age 3 weeks, your baby sees best at a distance of 8 to 12 inches away from his face. So place your baby at this distance when you hold, feed, or talk to him, and smile! Your baby may even follow moving objects with his eyes for a few seconds.

Did you know?

Babies love:

- Faces best!
- Bright colors instead of light-colored pastels.
- Objects with patterns and a lot of contrast such as black and white or red with blue.

Try this tip: Since babies turn their heads to the side when they lie down, be sure to hang your baby's mobile from the side of the crib, not the top.

Baby can hear

Newborns can recognize mom and dad's voices soon after they are born. Babies also will turn their head when they hear a noise that catches their attention. Hearing is one way your baby learns about the world.

Did you know?

Different sounds can calm or even scare a young baby. Sudden, loud, or harsh sounds and voices can startle and frighten babies. Soft music or speaking gently can calm your baby.

Try these tips: When playing with your newborn, change the tone and pitch of your voice.

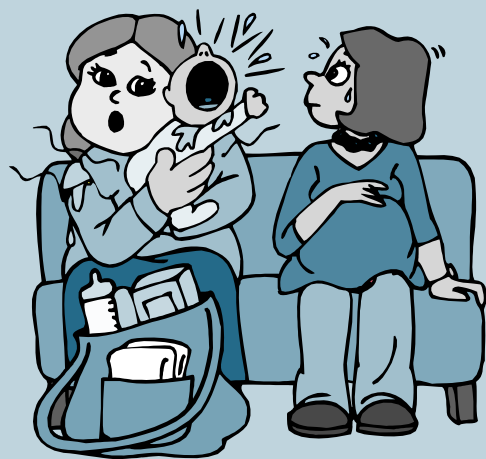
Talk to your baby slowly, gently, and quietly when he is upset. Turn the radio on to some soft music to help calm your baby.

Try singing—your baby doesn't care if you are off tune! Talk to your baby often. She loves the sound of YOUR voice!

Quick Answers

Q My new baby has his days and nights all mixed up. He sleeps all day long. Then when I put him to bed he is up all night. What can I do? I am going bonkers!

A You are not alone. Here's what to do. Play and talk with the baby more during the day. Stimulate him—put bright-colored toys where he can see them, put on some music, and sing! He'll want to stay up and see all that's going on. Then he will be real tired when you put him to bed. Make sure he sleeps in a quiet and calm place. Soon he'll be on a routine you can live with.



What's all this crying about?

Crying is the way your baby lets you know he needs something—it is his first way of communicating. During the first few months, he can't control when he starts to cry. He cries only when in need, and can't stop until his needs are met.

Should I let him cry it out?

Studies show that mothers who respond quickly to their babies' cries have babies who later cry less often and for shorter times. These babies have more energy

for learning and interacting with people. So, go to your infant as quickly as possible when he first starts to cry!

Do babies have different cries for different needs?

Yes. You will begin to notice that your baby's cries may sound different when she needs different things.

What are some common reasons babies cry?

Here are 7 top reasons why babies cry:

- 1 Hunger:** If it has been at least two hours since he was fed, see if he's hungry.
- 2 Feeling lonely:** Remember, your baby was in a snugly womb for 9 months. His need for closeness is very real. You can't spoil a baby by cuddling him when he needs it or when you need it.
- 3 Too much commotion:** Give him some calm and quiet time. Rocking him in a dimly lit room may help when too many people have been holding or bouncing baby.
- 4 Too hot or too cold:** Check your baby's back or tummy to see if he's too cool or hot. Dress him like yourself, or one layer warmer.
- 5 Oops! Wet or dirty diapers:** Some babies don't mind wet or dirty diapers; others do.
- 6 Pain:** Baby may be ill or hurting. Check to see if a pin is pricking him, or if his clothes have sharp tags or zippers, or if his diapers are too snug.
- 7 Feeling sleepy:** Some babies need to fuss a bit before sleeping.



Miss Nancy Knows About Colic

Oh children, do I ever know about colic. My oldest son D.J.—why that child could carry on for hours. He was one colicky baby. Some of you mommies and daddies out there know what I am talking about. We got through it and so will you!

Remember—colic is not your fault and it is not your baby's fault. Try these ideas if your little one has colic:

1. Lay baby across your knees and gently rub or pat her back.
2. Try an infant swing.
3. Walk with baby tucked under your arm with your hand under her tummy.
4. Hold her up so she can look around and see new things.
5. Give her a warm bath in the evening to calm her before she goes to bed.
6. Give the night feeding with baby sitting upright. Burp him extra well to get air out of his tummy.
7. Offer a pacifier. Sucking helps relax his little digestive tract.
8. Take a ride in the car (Nancy says buckle baby in her car seat every

- time!).
9. Talk to your baby in a soft and soothing voice—when you are calm, it helps your baby to relax.
 10. Ask your baby's doctor for other ideas.

BUT Never, never, ever shake or hit your baby! This often leads to serious problems, and can cause blindness, brain damage, and death. When your patience wears thin, call friends or family member and ask them to watch your baby for an hour. All parents need a break sometimes. If you are afraid you may lose control or may hurt the baby, call the Parenting Hotline, 1-800-348-KIDS. The phone call is free and private.

Keep this in mind—after 4 babies and 8 grandchildren

Nancy Knows



I can tell you this—the second month of life tends to be the peak time for crying. Once you get through this month, things should begin to get easier. See you next month.

All for now!!

— Nancy Taylor

Happy & Healthy Kids

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Happy & Healthy Kids



What It's Like to Be a Newborn Baby



It's hard work being born, so your little one may be a bit wrinkled, puffy and red, or have a long head. A little while ago, your baby was in the womb — all protected and warm. Suddenly your baby is in the “outside world” — where it is loud, bright, and active.

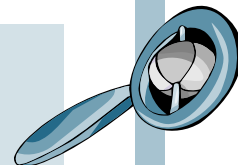
During the first two months, your baby wants you to know:

- I like to be held gently and very close.
- I may be fussy and cry a lot. So, pick me up and cuddle me.
- I like to sleep a lot, as much as 16 or 17 hours in a single day.
Always put me to sleep on my back.

I know some things that are going on around me:

- I recognize your voice and like it when you talk to me.
- Loud noise, bright lights, and rough handling scare me.
- I stare at things, but I can't/don't reach for them yet.
- I like to look at different things, so move me around a bit.
- I like to look at your face smiling at me, shows me you love me!
- I love colors, mirrors, and patterns.
- I need others to take care of me. Please love, feed, hold, and play with me!

**Remember, you can't spoil me yet. I need you to respond to me quickly.
It's how I learn about the world, and it helps me feel safe and secure.**



0 to 2 months #2

Place This on Your Refrigerator